

Why DHA ESSENTIALS?

The health benefits of omega-3 fatty acids are clear although confusion exists over which omega-3 fatty acids are preferable. The DHA ESSENTIALS formula contains the polyunsaturated fish oil omega-3 fatty acids, DHA and EPA. Although these fatty acids can be made by the body, they are not made in amounts high enough likely to be of health benefit. DHA makes up a large part of the fat in the eye and in the grey matter in the brain. During pregnancy and lactation, research suggests that DHA levels are reduced in the mother. Reduced DHA levels in the blood are associated with reduced visual acuity in the infant, attention deficit hyperactivity disorder in children, post-partum depression in new mothers, and Alzheimer's disease in adults. Supplementation with DHA has been shown to increase blood and breast milk levels of this fatty acid. Two capsules daily of DHA ESSENTIALS supply DHA at levels surpassing those shown to improve infant and mother DHA status in clinical research. These capsules are easy to swallow, but if inadvertently chewed, they have a pleasant orange taste.

Fish oil supplementation is known to increase levels of fish oil fatty acids (EPA and DHA) in the blood. However, by doing so, levels of other potentially important fatty acids may decrease. In pregnant women, fish oil is thought to reduce levels of the omega-6 fatty acids, GLA and arachidonic acid. There is the potential that reduction in these fatty acids might compromise fetal development. Recent studies indicate that supplementation with a combination of EPA plus DHA and GLA (borage oil) will result in an increase in DHA and GLA in the blood of the mother while having no effect on arachidonic acid levels.

Omega-3 fatty acids, including DHA, have been researched in humans, as well as in animals and test tubes. These fatty acids are eaten in large amounts by other cultures, such as the Japanese, and are associated with decreased development of cardiovascular diseases and age-related cognitive disorders.

The key ingredient in this product, DHA, as well as the supporting fatty acid GLA, contribute to its ability to increase levels of these key fatty acids in the blood and other tissues of pregnant women and their infants. Increased levels of these fatty acids may increase motor and cognitive development in the infant and decrease development of cognitive decline in the older child or adult. Taking See Yourself Well™ DHA ESSENTIALS is a fantastic way to improve your DHA and GLA status, essential for brain and nervous system development during gestation and growth.

References:

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